



Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 260 Calories from Fat 120

% Daily Value

Total Fat 13g 20%

Saturated Fat 5g 25%

Cholesterol 30 mg 10%

Sodium 660mg 28%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4% · Vitamin C 2%

Calcium 15% · Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2000 2500

Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	25g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4